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Relationship between level of self-efficacy and self-management: Hemodialysis versus oncology related fatigue

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Background: Fatigue is a distressing symptom in patients with advanced cancer. The use of pharmacologic and non-pharmacologic strategies has resulted in advances of managing cancer-related fatigue.

Aim: To investigate the relationship between self-management and level of self-efficacy among hemodialysis versus oncology related fatigue.

Design: Descriptive analytical research design was utilized.

Setting: Hemodialysis unit of the outpatient and medical in patient ward at King Abdulaziz University Hospital, Jeddah, Kingdom of Saudi Arabia.

Subjects: A convenience sample which consists of 111 adult patients divided into 37 oncology hospitalized patients and 74 hemodialysis patients.

Methods: Participant characteristics questionnaire was developed to assess demographical data. Fatigue scale had been adapted to quantify the magnitude of fatigue. Self-efficacy scale had been adapted to assess optimistic self-beliefs of coping in order to face difficulties of illness demands in life.

Results: Patients ability to keep calm during difficulties and relied on ability to cope were found to be moderately true among 52.7% of hemodialysis compared to 75.5% oncology patients with statistical significant difference of less than 0.05. As regard to fatigue level, 45.1% of hemodialysis patients agreed that "easy I feel tired" compared to 78.4% oncology patients with statistical difference of less than 0.05.

Conclusions: There is an evident of negative correlation between fatigue and self-efficacy as fatigue increases, self-efficacy decreases. The proper fatigue management resulted in increase in self-efficacy.

Recommendations: Nurses need to assess fatigue levels among patients who are either receiving chemotherapy or hemodialysis. Also nurses need to exert efforts and spend quality time with chronic fatigue patients and find means to raise self-efficacy to modify and better manage it.

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